

CHAPTER III

FINDING AND DISCUSSION

This chapter provides the result of the discussion of Quinn Fabray's character in *Glee* TV Series. The analysis of Quinn Fabray's anxiety and defense mechanisms are presented in the following sub chapter.

3.1 Quinn Fabray's Anxiety

In *Glee*, Quinn faces some problems in her life, for example when she gets pregnant and she feels threatened by the situation because her parents demand her to become a good Christian woman. In this situation, her ego cannot control the stimulation, hence anxiety finally takes part. It is supported by Freud (1933/1964 cited in Feist and Feist 2008, p.33) who says "In defining anxiety, it is a felt, affective, unpleasant state accompanied by a physical sensation that warns the person against impending danger." Moreover, anxiety has function to warn someone of the presence of internal and external danger. In *Glee*, the character of Quinn shows that she has unpleasant danger perception in which her thought expects dreadful thing to happen (neurotic anxiety), her anxiety is also triggered by the feeling of guilty of her pregnancy (moral anxiety).

3.1.1 Quinn's Neurotic Anxiety

The feeling of neurotic anxiety exists in the ego, but it originates from id impulses. Hall (1956, p.67), said “Neurotic anxiety is based upon reality anxiety in the sense that a person has to associate an instinctual demand with an external danger before he learns to fear his instinct.” It can be said that neurotic anxiety appears when someone learns how dangerous her or his instinctual demand and he or she is afraid of punishment. In *Glee*, Quinn is kicked out from her parents house after they are find out that she gets pregnant before getting married and that punishment she gets makes Quinn experience anxiety in the later day.

In *Glee* Season 2, there is a new boy in her school, his name is Sam. Sam falls in love with Quinn and tries to flirt her. So, when they are practicing a song for assignment, Sam cannot resist to kiss Quinn, but Quinn refuses him immediately.



Figure 3.3.1.1
(Source: *Glee* Season 2, episode *Duets*, minute: 00.25.08)

From the figure 3.3.1.1 above, when Sam tries to kiss her, Quinn looks nervous and refuses him immediately.

Quinn : No. No, I can't do this. This year is about me. And don't say that I'm selfish, because you have no idea how much I've given.

Sam : I wasn't

Quinn : I've been down this path before. I know this feeling. L-Like I need you. Duets don't work for me, and I don't need you. What I need to find a way to keep Santana off my heels. What I need to find a way to torture Rachel.

Sam : Look, I'm sorry

Quinn : And I need to start learning to ignore people

Sam : I'm sorry. I shouldn't have tried that.

Quinn : I'm sorry, I made a mistake.

(Source: *Glee Season 2, episode Duets*, minute: 00.25.11-00.25.45)

The dialogue above shows how Quinn goes frightened and her anxiety arises when Sam tries to kiss her. It is proven by her words “No. No, I can't do this. This year is about me. And don't say that I'm selfish, because you have no idea how much I've given.” It is a proof that Quinn's ego tries to not follow the demand of her id. The id is not governed by laws of reason, it is only to gain satisfaction for instinctual needs or in the other words id works for pleasure principle. As Freud (1956, p.22) says “the aim of the pleasure principle is to rid the person of tension.” He also adds (1956, p.22) “tension is experienced as pain or discomfort, while relief from tension is experienced as pleasure or satisfaction. The aim of the pleasure principle may be said, then, to consist of avoiding pain and finding pleasure.” One time, Quinn feels discomfort with her body size and she relieves the tension by having sex with Puck to avoid pain and find pleasure. In this case Quinn's ego cannot prevent herself from the demand of her id, then she gets pregnant and her parents kicked her out from home. The punishment that she gets from her parents makes her more careful to control the demand of her id.

This is happening when Quinn practices song with Sam, Quinn feels uncomfortable because Sam tries to kiss her, however, Quinn chooses not to relieve the tension into satisfaction form because neurotic anxiety warns her about the consequence. And Quinn's fear about the consequence is proven by her words, "I've been down this path before. I know this feeling. L-Like I need you", she learns from her previous experience and she learns how to control the demand of her id, because she wants to fix everything and gain people's belief of her.

3.1.2 Quinn's Moral Anxiety

Moral anxiety appears because of the unrealistic strive of perfection from the superego. Superego works based on moral principles, when human grows older, the external world, for example parents, society and school will influence the making moral judgements and values. So, when the ego fail to prevent the id from some impulsive action that violates the moral values of society the result is moral anxiety. Moral anxiety takes place when someone who breaks the norm values actually understands that he or she has done something prohibited by the society.

Moral anxiety appears when Quinn finds out that she is pregnant before getting married and it is clearly humiliating the moral rule of society and her family. The Fabrays are tight-knit family; her parents are educating Quinn and her sister in Christian environment.

Russel : The Fabrays are a tight-knit family. I have been blessed with a loving wife, two remarkable daughters. My first married a wonderful Christian man. Owns his own chain of U.P.S. stores. My second daughter, my little Quinny, we're just so proud of her. Captain of the Cherrios, president of the Celibacy club...

(Source: *Glee Season 1, episode Ballad*, minute: 00.28.24-00.28.40)

The dialogue above shows how proud Russel of his two daughters. His first daughter gets married with a wonderful Christian man and it is like a proof that he raises his daughter right and he is also proud of Quinn because Quinn is a president of the Celibacy club. Celibacy club is group of virgins who get together based on their religion vowing not to have sex before marriage. When Quinn becomes president of the Celibacy club, it makes her parents proud of her because her parents believe that Quinn will not have sex before getting married just like her sister.

At dinner, when Russel proposes toast for his family and Finn, he starts to mention that how proud he is for having two amazing daughters, and it makes Finn intimidated by Russel's words. Quinn feels nervous and unconsciously makes a confession about her pregnancy.

When all the evidences about her pregnancy are completed, Quinn, her father, her mother, and Finn talk about Quinn's pregnancy in the living room. At first, Quinn's mother does not believe that her daughter gets pregnant before married because she and her husband educate Quinn in good environment by saying "There must be some sort of mistake here. Quinny we raised you right." However, Quinn does not say anything because she can not bear the feeling of guilty and shame, so she does not look straight at her parents. It can be seen from the following figure bellow.



Figure 3.3.1.2

(Source: *Glee Season 1, episode Ballad*, minutes: 00.31.52)

From figure 3.3.1.2, the scene takes place in Fabrays' living room. Quinn's mother asks Finn about the truth of Quinn's pregnancy while Quinn's father is only sitting and looking straight to Quinn who looks down. From this, it can be concluded that Quinn experiences moral anxiety. Boeree (1997, p.7) wrote, "that is what we feel when the threat comes not from the outer, physical world, but from the internalized social world of the superego." He (1997, p.7) also added "it is, in fact, just another word for feelings like shame and guilt and the fear of punishment." It can be seen that Quinn's conflict comes from the strive of perfection (superego) which comes from her family. She feels shame and guilty when she fails to maintain an ideal ego as a good christian. Quinn's moral anxiety emerges because of her punitive parents because after her parents know about her pregnancy, Quinn is kicked out from house.

3.2 Quinn Fabray's Defense Mechanisms

The anxiety that appears in Quinn's life leads her to the emergence of defense mechanisms. Grig (1996, p.629) wrote "Defense mechanisms is unconscious mental reactions that protect the individual's ego, or self, from damaging conflict, guilt, or anxiety." Quinn applies defense mechanisms in order to protect her from the anxious feeling. There are four kinds of defense mechanisms applied by Quinn in her life; they are projection, rationalization, reaction formation, and regression.

3.2.1 Quinn's Projection

Projection is kind of defense mechanisms denying the reality. When a person hates someone, he or she will attribute that hatred onto other object in this case usually a person. According to Hall (1956, p.90), "Projection offers a person an excuse for expressing his real feelings, a person who believes that he is hated or persecuted may use this belief as a justification for attacking his imaginary enemy and he obtains pleasure without feeling guilty because he feels that his aggression is justified." In *Glee*, Quinn Fabray uses projection in order to defense herself from anxious feeling.

Quinn's anxiety arises when Sue uses her as a tool for her campaign. Sue is a coach of Cheerleading team in McKinley High School and she candidates herself for Congressional Election; in order to gain people's votes in election, she uses 'arts' for her campaign. In her campaign, Sue wants to emphasize that arts are bad for teenagers and Quinn is the perfect example for her campaign. At that time, Quinn quits the Glee club because she feels depressed after breaking up with Finn; then she

changes her appearance, starts smoking and gets tattoo on her back. When Sue makes her as tool for her campaign, it reminds Quinn of her failure and Quinn sees this as a chance for her to reduce her anxious feeling by attributing the bad impulses to other object in this case is the Glee club.

Quinn : Mr. Schuester, I came here to give you a piece of my mind

Mr. Schuester : What's going on here?

Quinn : I used to have everything. Dated the quarterback of the football team, was the captain of the Cheerios! I was the prettiest, most popular girl at this school until I joined the Glee club, and then it all went to hell.

Mr. Schuester : You know, there's only one person in this world that you care about and that's yourself.

Quinn : You have no idea...

Mr. Schuester : I'm not finished! You are not a little girl anymore, Quinn. How long do you plan on playing the victim card? Since day one, you've done nothing but sabotage the same Glee club that has been there for you over and over again.

(Glee Season 3, episode I am Unicorn, minutes: 00.17.14-00.17.56)

From the dialogue above, it can be seen that Quinn uses projection in order to reduce her anxiety. Quinn feels anxious as a result of pressuring upon her ego from her id, she tries to relieve her anxiety by attributing its causation to the external world. So, she blames the Glee club for what happen to her and she learns that she can avoid self-blame of what she has done by creating an excuse for expressing her real feelings, "...until I joined the Glee club, and then it all went to hell," it is a proof that Quinn makes the Glee club as the cause of her condition right now, then she consoles herself with the thought that the Glee club is responsible for her failure.

Quinn believes that since she joins the Glee club, her life becomes a nightmare by saying “then it all went to hell.” Actually, Quinn is the one who hates Glee club right from the start; she joins the Glee club and becomes the spy for Sue Sylvester. Then Quinn and Sue are working together to destroy the Glee club but she attributes it. She makes as if the Glee club the one who hates her and makes herself like a ‘victim’ of the condition.

3.2.2 Quinn’s Rationalization.

In rationalization, people do excuse justification from what they do. According to Schultz and Schultz (2009, p.62), “Rationalization is a defense mechanism that involves reinterpreting our behavior to make it seem more rational and acceptable to us.” It can be said that rationalization is an effort of individual to state logical reason to be accepted by public and to straighten or to hide his or her bad attitude. In *Glee*, Quinn applies rationalization to reduce her anxious feeling, she states logical reason to be accepted by public in this case the opposite of the fact to comfort her.

Quinn Fabray uses rationalization to defend herself after she finds out that she is pregnant. She says to her boyfriend, Finn Hudson, that she is pregnant with him. Actually Quinn is pregnant with Puck, Finn’s bestfriend. She creates a reason to reduce her anxiety. In this case, Quinn Fabray states a reason that can be accepted by her and public.

Quinn : I’m pregnant. I wasn’t sure, and I really didn’t wanna go by myself. I’m so sorry that I didn’t tell you sooner.

Finn : Mine?
 Quinn : Yes, you. Who else's would it be?
 Finn : But we never...
 Quinn : Last month? Hot tub?
 Finn : But we were wearing our swimsuits
 Quinn : AskJeeves said a hot tub is the perfect temperature for sperm. It helps it swim faster

(Glee Season 1, episode Preggers, minutes: 00.13.47-00.14.38)

From the dialogue above, Quinn states the logical reason to Finn, she convinces Finn that she is pregnant with him and not with the other. At first Finn is confused because he and Quinn never have sex before, then Quinn states a logical reason to him. She says to Finn that hot tub is the perfect temperature for sperm, and helps Finn's sperm go easily into her body, besides Quinn also says that she has already asked in AskJeeves. This statement can convince Finn because AskJeeves is a question answering web search engine and it is a global service used by well over 100 million users. The reason why Quinn hides the truth from Finn because she does not want to hurt Finn's feeling. It happens since Quinn anxiety arises when she knows that she is pregnant with Puck. Puck is Finn bestfriend, Puck also falls in love with Quinn, so, when Quinn feels anxious and uncomfortable with her body size, Puck sees that as a chance to get closer with Quinn. Then, Puck gives Quinn a beer and have sex with her. When Quinn finds out she is pregnant with Puck, she experiences anxiety, she is afraid of people at her school who knows well that she is dating Finn. In this situation, Quinn wants to protect her reputation; she is well known as the president of the Celibacy club, also she is the captain of the Cherrios! she states

something that seems rational to be accepted by her and public. Because it is more logical if people at school know that she is pregnant with her boyfriend.

Quinn's rationalization is found in another scene, when her mother finds that Quinn's dress for the Chastity Ball is no longer fit on her. Quinn's parents do not know anything about Quinn's pregnancy, they only know that Quinn leaves cheerleading team for join Glee club.

Judy : Hmm. That's odd. We had this custom-made a month ago.

Quinn : I had a really big lunch today at school. Really big tacos.

Judy : No worries, sweetie. I'll just take it down to the tailor tomorrow.

(Source: *Glee Season 1, episode Ballad*, minute: 00.05.35-00.05.54)

From the dialogue above, it shows that Quinn uses rationalization to reduce her anxiety. Quinn's moral anxiety arises when her mother is confused because Quinn's dress is no longer fit in her body. Quinn is growing up in the Christian environment. So, when she finds out that she is pregnant before getting married, she feels guilty and shame. She tries hard to cover her pregnancy by using the control panel to hide her baby bump, at that time Quinn is 4 weeks pregnant and she hides her pregnancy by using the control panel. Control panel has function to make woman's body looks slim. Quinn states a logical statement to her mother to cover it, it is proven by her words "I had a really big lunch today at school. Really big tacos." Quinn is afraid of telling the truth to her parents because her parents will punish her. So, Quinn uses rationalization to comfort her and gives a rational answer to her

mother. However, Quinn's parents finally find out that Quinn is pregnant and as a punishment, they kick her out from home.

In *Glee* season 2, Quinn starts dating Sam a new boy in school who falls in love with her. Quinn feels anxious after Sam keeps asking her about the rumour between her and Finn because people keep telling Sam that Quinn gets mono disease because she kissed Finn. It can be seen from dialogues below.

Quinn : I didn't kiss Finn, Sam. I saved his life

Sam : I totally almost choked on a gumball once.

(Source: *Glee Season 2, episode: comeback*, minute: 00.03.00-00.03.25)

Sam does not believe in the rumour because at the Charity Day Sam sees Finn kiss Quinn in the cheek not in the lips and mono disease only spreads by kissing in the lips. However, people keep telling him that a day after the Charity Day, Finn and Quinn kissed. So, Sam asks about the truth of the rumour whether Quinn kissed Finn or not. Quinn then says that she tried to help Finn who almost died a day after she and Sam visit the Kiss Booth. The rationalization here appears when Quinn says that she did not kiss Finn intentionally. The fact is that she and Finn kissed a day after Finn had had kiss booth for charity. Quinn also looks nervous when Sam believes in what she said. It can be seen in the following figures.



Figure a

Figure b

(Source: *Glee Season 2, episode: comeback*, minute: 00.03.29)

From the figure b, the shot is focused to Quinn's face. It has purpose to show Quinn's feeling, as seen that Quinn's eyes open widely and her facial expression shows that she looks nervous when Sam finally believes in what she said by saying "I totally almost choked on a gumball once," her surprise is due to her story that Finn almost choked to death because he eats a bubble gum at the Charity day and the only way to help Finn is by giving him the first aid. Quinn feels guilty because she is lying to Sam about the truth of the rumour, however her ego tries to master danger by adopting realistic problem solving method and she creates a reason to comfort her and Sam.

3.2.3 Quinn's Reaction Formation

Reaction formation is a process of replacing the threatening things with the opposite of it. Hall (1956, p.91) argued, "When one of the instincts produces anxiety by exerting pressure upon the ego either directly or by way of the superego, the ego may try to sidetrack the offensive impulse by concentrating upon its opposite." In

other words, reaction formation occurs when a person goes beyond denial and behaves in the opposite way to which he or she thinks or feels.

When Quinn sees Rachel talking with Finn intimately in the choir room, it makes her anxious because Rachel is Finn's ex-girlfriend. Quinn's obsession to become a Prom Queen makes her hate Rachel, she thinks that the only person who blocks her way to become a Prom Queen is Rachel.



Figure 3.2.3

(Source: *Glee Season 2, episode: Original Song*, minute: 00.05.24)
Quinn sees Rachel and Finn are talking intimately.

The scene above takes place in choir room, Quinn sees Rachel and Finn talk intimately from the distance. And from figure 3.2.3 Quinn's facial expression shows how envy she is when she sees Rachel and Finn. Quinn decides to make Rachel as her friend, she realizes that her hate feeling toward Rachel makes her anxious. Her anxious feeling emerges because Rachel has amazing talent than her so she is afraid that Finn will be back together with Rachel then makes her lose her Prom King

candidate. Therefore she starts using reaction formation to reduce her anxious feeling also to impress Finn.

Rachel	: I think we should write original songs for regionals.
Santana	: All those in favor of voting Rachel down a second time?
Quinn	: I think Rachel is right. This team works best when we push ourselves and do something a little different.
Mercedes	: Well, that's true, but if all the other teams are doing amazing songs, we're not gonna be so good.
Quinn	: You're right. We're not gonna be as good. We're gonna be better. We won't be using other people's words or music. It'll be our own...our own heart, soul, not just our voices. We have a really talented songwriter in our midst. Rachel, I was thinking maybe you and I could write a song together.

(Source: *Glee Season 2, episode Original Song*, minute: 00.09.30-00.09.56)

The dialogue above shows how Quinn acts the opposite way from her willingness by saying "I think Rachel is right," Quinn bends over her abhorrence toward Rachel to be friendly. She is supporting Rachel's idea about writing their own song. She also says that she will help Rachel to write a song for regional and that makes the other member of Glee shock, they know that Rachel is Quinn's enemy. When Quinn uses reaction formation, the feeling of hate toward Rachel still exists underneath the affectionate exterior, in other words Quinn deceives herself to conceal her anxiety.

Quinn's reaction formation is also found in the other scene, when Quinn tries to get back her baby, Beth. After giving birth a baby, Quinn gives her baby for adoption to Rachel's mom, Shelby. Then, Quinn wants her baby back but Shelby

forbids her to see Beth because she thinks that Quinn is young and not responsible enough to become a mother. It makes Quinn hate Shelby and her hate feeling toward Shelby makes her feel anxious. She is afraid when Beth grows up, Beth will not recognize her as her biological mother.



Figure 3.2.3.1

Quinn : You've been looking tired. Which makes sense. You're a single mother. You've relocated. You have a new job. It's no wonder you've stopped working out. Let us babysit Beth for a couple of hours, any night your choosing, for some me time.

(Source: *Glee Season 3, episode: Pot O' Gold*, minute:00.01.42-00.01.50)

From the figure 3.2.3.1, in order to reduce her anxious feeling, Quinn uses reaction formation. Quinn attributes her hate feeling toward Shelby into love, it can be seen from Quinn's words "you've been looking tired...let us babysit Beth for a couple of hours," it shows Quinn's attentive to Shelby is to hide her real feeling. Quinn does reaction formation to make Shelby believe in her and gives her a permission to see Beth. However, Quinn's hate feeling toward Shelby exists underneath the affectionate exterior. It is proven when Quinn finally gets permission to babysit Beth, she puts some dangerous things in Shelby's apartment to make

people believes that Shelby is not a good mother for Beth. So, it can be said that behind the mask of conformity Quinn is really driven by rebellion.

In the other scene, Quinn's reaction formation occurs when she feels anxious because she failed to make Shelby look bad.

Quinn : Why hasn't Child Protective Services done anything to Shelby yet?

Puck : I don't know

Quinn : Wait. Did you do something to screw this up already? You have to be extra nice to Shelby so that we can babysit more because we've hardly been over there and we need to spend as much time bonding with our baby as we can, so that when I get her she doesn't freak out when I hold her

Puck : I'm being really nice to her. Believe me

Quinn : Look, this isn't a game, okay? I know Shelby threatened by me. But I am willing to do whatever it takes to get closer to her because closer to her is closer to Beth.

(Source: *Glee Season 3, episode Mash-Off*, minute: 00.13.43-00.14.40)

From the dialogue above, Quinn feels anxious when she finds out that putting some dangerous things in Shelby apartment does not work. So, Quinn tries to arrange a new plan to get closer to Shelby, "I am willing to do whatever it takes to get closer to her because closer to her is closer to Beth." Quinn knows that the only way to get Beth back is by winning Shelby's heart and she will do anything possible to get Beth back even she has to act the opposite from her willingness. Then, she tries to get closer to Shelby by saying that she will leave the Glee club for joining the Trouble Tones. The Trouble Tones is Glee's rival in Choir competition and Shelby is the director.



Figure 3.2.3.2

(Source: *Glee Season 3, Episode Mash-Off*, minute: 00.14.43)

The figure above shows that she tries to smile when she says she wants to join the Trouble Tones. Actually, Quinn's hate feeling toward Shelby still exists and she has to pretend that she wants to build a good relationship with Shelby. Quinn thinks if she can get closer to Shelby she can get Beth again.

3.2.4 Quinn's Regression

Regression is a defense mechanism where the person may retreat to an earlier level because of fear (Hall, 1956, p.95). Regression is a kind of defense mechanism that returns to a previous stage of development which is more comfortable. Quinn has been hurt by the world. After breaking up with Finn, Quinn starts to smoke and change her appearance.



Figure a



Figure b



Figure c

(Source: *Glee Season 3, episode The Purple Piano Project*, minute: 00.09.34)

Figure a shows that Quinn changes her appearance by dyeing her hair from blonde into pink, it looks like she wants to change her image from good blonde girl into a rebellion punk girl, she also gets tattoo in her back, it can be seen from figure b. She is different from her previous appearance. Quinn feels depressed so she locks herself to her private world.

Quinn uses regression in order to reduce her anxiety. Above figures prove that she retreats to an earlier level rather than acting in a mature way. Regression is a kind of defense mechanism that forces someone's mind to return to a previous stage of development which is more comfortable rather than to stay in such an uncomfortable conditions. When someone feels depressed, the attitude that mostly appears is childish and primitive. This is happening as a response to stressful situation and Quinn chooses to go back to the earlier level oral stage. In figure c, it can be seen that Quinn starts to smoke. She gets some pleasure when she is smoking. Oral zone is one of the development of the sexual instinct. According to Hall (1956, p.103), "the two chief sources of pleasure derived from the mouth are those of tactual stimulation, obtained by putting things in the mouth, and biting." Usually, a baby gets anxious when he or she demand of id does not fulfilled and in order to reduce the anxiety he or she will sucking his or her own thumb. In this case, when Quinn is back to oral zone, she chooses smoking, so that she gets some pleasure and forgets about her problem.